THE Lions' Pride
OF SAINT LEO UNIVERSITY

FRIDAY, NOVEMBER 19, 2010 VOLUME XXXXVIII NO. 6 SINCE 1965

For those who served

BY AMANDA BUTLER
Lions' Pride Staff Writer

A new addition has been made to the Saint Leo community, officially as of November 11.

Called "For Those Who Served" and created by the sculptor Dexter Benedict, the statue sits in the middle of Dempsey Plaza as a tribute to those affiliated with both the military and Saint Leo University. The statue consists of five figures, each representing a different branch of the United States military: the Army, Navy, Marine Corps, Air Force, and Coast Guard. The figures represent both male and female soldiers of every race, all working together to hold up a pedestal resting a modernized representation of Lady Liberty, holding the famous book and torch. The statue of a monk with a scroll and teaching materials sits on a bench on the edge of the plaza facing the main attraction, as a dedication to those who teach the service, men and women. The statue was officially revealed as of seven p.m. that night, complete with an elaborate ceremony dedicated to appreciating the American militia.

The reveal began with the throng reciting the Pledge of Allegiance, followed by Saint Leo senior James Bellozier singing the National Anthem. It was brought to attention that a flag was donated to Saint Leo University by the Air Force, which was flown in both Iraq and Afghanistan. Father Stefan commenced with an opening prayer and inspired the audience with the words: "Help us to remember them and pray for them."

Tony Devino welcomed everyone on behalf of the Board of Trustees, and introduced the dedication. He also read the regards from a letter written by Florida congresswoman Jenny Brown-Wade, who stated in her letter that she regretted her absence.

Ann M. Smith followed; she is the Chief of Air Force Voluntary Education. As a Saint Leo alumni, she spoke on what higher education means to service members, both straight out of high school, straight out of college, and somewhere in between. She described how in service, men and women encountered a "new world" full of education and service wherever they went and how they have a plethora of scholastic opportunities at their disposal. After her, Shara Anderson spoke, bringing regards from Senator Bill Nelson, who wrote of the continuance in showing gratitude to the soldiers on his behalf, and spoke of his admiring their bravery in facing the sacrifices ahead.

"Let us pray for those in duty as well as their families" the letter said.

The keynote speaker of the night was Major General Louis Vassad, who participated during Operation Desert Storm in Saudi Arabia, as well as having earned an impressive amount of over 20 medals. He wished the military participants and spectators a heartfelt gratitude, and he thanked the veterans present for their sacrifices. The booming, concluding "THANK YOU" reverberated through the microphone with crystalline precision and conveyed the complete honesty of that phrase.

Susan Paulson, the Assistant vice president of Saint Leo University, spoke next about the history of the University in regards to the military involvement in their programs and outreach in army education. She spoke of the military bases involved with Saint Leo in seven states, giving care to point out that the University held 37 years worth of history relative to promoting academics and military life.

University President Dr. Arthur F. Kirk Jr. narrated the presentation of the flags. The official flag of each military branch was placed before the statue by a member of that respective branch. Kirk further explained the symbolism behind Lady Liberty's book of wisdom, and the monk destined to forever gaze at the memoriam.

Father Stefan reprised with a short prayer to bless the revealing,, and holy water was sprinkled on the main statue and its counterparts. He followed the blessing with a short prayer dedicated to those who have died in war. He invited the audience to call out a name of a loved one who passed due to battle. From where they stood, names of various late service men and women passed through the silence in a powerful display of remembrance.

James Bellozier reappeared and solemnly sang "God Bless America," paving the way for the fireworks that exploded over the conclusion of the ceremony. Lady Liberty stared proudly toward the Student Community Center as fireworks boomed a spotlight upon the sculpture.

Photo by Amanda Butler
Saint Leo's new statue dedicated to the Veterans

New business center being built "green"

BY GREG ROBINSON
Lions' Pride Multimedia Editor

Driving onto the campus of Saint Leo these days, it is hard to miss the growing framework of the new business center. The construction of that building, as well as the university's new softball field, has been progressing at a rapid pace, and the buildings are starting to shape up.

Photo by Greg Robinson
Construction of the new business building

The new business center is proceeding according to schedule; in fact, it is slightly ahead. The construction is one day ahead of the tentative timeline needed to open it on time. The walls for the first floor are nearly complete, and a crew is working on some interior work for the first floor while the other floors are being constructed. AC is expected to be installed by the end of January, and much of the duct work is to be started as well as the piping for the sprinkler system.

Also, the recycling efforts of the business center's construction site are above and beyond what was projected. The university was attempting to have 90 percent of their materials recycled. The construction has gone above and exceeded this requirement and currently recycle 98 percent of all construction materials. This qualifies the construction site as a LEED (Leadership in Energy and Environmental Design) gold project.

"Our goal was to be LEED silver, and right now we're about 2 points above, at the bottom of LEED gold certification." said Mr. Frank Mezzanini, Vice President of Business Affairs and CFO at Saint Leo University.

The recycled materials are concrete and metal scraps. Right now, all leftover concrete in the construction is being recycled, as are most of the metal scraps.

The new softball field is progressing on time as well. However, an issue arose with the placement of some bleachers behind the 3rd base dugout. Any spectator sitting in that area would have their view obstructed by a concrete wall.

This is not a major problem or hindrance, however, and is unlikely to delay the opening of the new softball stadium. One proposed solution is to have seats placed on top of the dugouts to have an unobstructed view. This is only one of many possibilities. The staff and contractors are weighing several options and will choose the one best for the university.

Mr. Mezzanini has provided a number of websites for the Saint Leo community to track the progress and stay updated with the new buildings. He operates a construction blog at http://sluconstruction.posterous.com/. Also, anyone can view video of the construction by accessing two cameras. The links for these cameras are http://constructioncam1.saintleo.edu and http://constructioncam2.saintleo.edu.

The Lions' Pride will continue to update the students, staff, and faculty of Saint Leo University on the new buildings taking shape on our campus.

Opinions

One tank travel: the naked side of Pasco

BY JORDAN COATES
Lions' Pride Editor in Chief

Tourists need not jet off to Europe to enjoy the exotic luxuries of nudism. Here in Pasco County, there is opportunity just next door.

Although millions of Americans hear curse words, watch sexually explicit activities in movies, and watch episode upon episode of trashy television shows, nudity is curiously deemed unlawful and socially unacceptable by many of those same people. However, not all Americans feel that way. Unlikely as it may seem, Pasco County is the naturist capital of the world. Organized naturism, or nudism, began with a nude hiking club in the 1800s, and modern naturism originated in Germany in the 1920s. It was brought to America and took root in Pasco County. Other states have naturist resorts, but Florida has the largest number, with a large majority located in Pasco County. Pasco has several naturist resorts and according to the Pasco Area Naturist Development Association (PANDA), "within Pasco are more residential naturists than anywhere else in the world."

While many people flock to Florida to enjoy this luxury and really partake in the back-to-nature movements sweeping the nation, just as many do not understand this lifestyle. Some people see nudism as people who just like to be naked, but to others, it is a purposeful lifestyle. Nudists have a keener relationship with nature and wish to express themselves more personally and naturally. A nudist taking off their clothes is a sign of refreshing comfort, a comfort the average person may not have. These people who support naturism view the removal of clothing as a removal of prejudice, self-consciousness, and social boundaries. When only skin separates people, room for judgment is gone, and people can be themselves. However, one should not assume this means undressed Floridians are amongst people in their everyday lives. Naturists live normal lives; they just have the luxury of coming home or spending time in a community with others who share this same lifestyle.

Although ParadiseValleyResort.com says that "Pasco has the highest concentration of nudist colonies in the nation, earning a worldwide reputation as one of the few "nudist-friendly counties," many nudists still face struggle with expansion and cruel stereotyping. Many nudists express that this lifestyle choice is not to offend or cause discomfort to others; they practice nudism respectfully and enforce their own rules within nudist beaches, communities, and resorts. For example, Miami's Haulover Beach welcomes nude sunbathers, but enforces rules such as no photos without permission, no overt sexual activity, no gawking, and similar rules. Nudist communities have been created and are home to people from all walks of life, including ministers, judges, doctors, teachers, and more.

Some people tend to think of nudists as sexual deviants or in other derogatory terms. The misconceptions and lack of acceptance surrounding this lifestyle are troublesome features. Is America not the melting pot nation, full of people of all different races, religions, and beliefs? With any difference in choice and lifestyle, there are difficulties and possible troubles, such as some arguments that children may wander onto a clothing optional section and run into a bare sunbather. However, naturists do their best to post and provide warning of these clothing optional areas; just as R rated movies warn viewers of nudity. So, what is the difference? Perhaps these two forms of nudity are not so different. However, many disagree, as in the instance where Pinellas County commissioners voted against a clothing-optional beach in 1999. What many might not know, however, is that Pasco County, with its many nationally known nude resorts, brings in quite a bit of tourism revenue for Florida. Nudists not only obtain memberships at resorts and visit the beaches, but many seek residence in nudist communities. Real estate really helps this industry, and the nudist communities are a growing market sector. According to a *St. Petersburg Times* article, a clothing optional area on Pinellas County's busiest beach could bring in a large number of tourist revenue, with increases up to as much as one million a year. Already, Haulover Beach brings in 5,000 to 8,000 nude sunbathers a weekend.

Here in Pasco County, there are seven or more different resorts, varying in their residents and disrobing policies. Paradise Lakes Resort is a resort, hotel, and spa inviting guests to relax and be themselves, maintaining the policy "take off as much as you are comfortable with." Lake Como is a family oriented resort. They do hold a nude only rule for pools and hot tubs, but they are pet friendly, have restaurants, sports, and a natural atmosphere. Caliente, a world class Caribbean-style clothing optional resort and club offers a number of activities, parties, gym, pools, bar, and more. Caliente also has a sister nudist resort in the Dominican Republic and was the site for one of Nicole Richie and Paris Hilton's jobs on the series *The Simple Life*. These three resorts are in Land O' Lakes, along with The Woods, a nudist RV campsite, Oasis, a nudist community, and the Island Group. Two other family oriented nudist resorts are Cypress Cove in Kissimmee and Gulf Coast Resort in Hudson. There is also a young, college aged group, Vida Nuda, which plans trips to different resorts, and provides opportunities for the younger generation to hang out and socialize, no clothes required! This group can be found on Facebook.com.

These nudist organizations also provide student scholarships, partake in community service and volunteer work, and donate some proceeds to other funds and charities. Organizations such as the American Association for Nude Recreation and PANDA are striving to expand awareness of nudism and its economic impact. They are working hard to show the benefits of naturists and build strong ties with the entire community of Pasco. These naturists are 'baring all' in hopes to embrace and increase acceptance of this lifestyle. In this rapidly changing world, awareness and acceptance are key: Florida is not just home to spring breakers and retirees. The naturist lifestyle is not for everyone, but is there for those who are interested. Plus, as residents of Pasco County, it is interesting to learn about this history, industry, tourism, and way of living that is only one tank of gas away.

Wave goodbye to stress!

BY CHERALYN BARRINGTON
Lions' Pride Layout Editor

Do you often find yourself stressed out? I sure do! Being in college can be extremely rewarding but since it causes students to push their mental limits, it often leaves people ready to pull their hair out. It isn't just classes that we have to deal with, but we're also given a large spectrum of clubs and organizations to join, and to top it off, many of us work to be able to afford food or an occasional night out with friends. Between all of these activities, it is difficult to find any down time which can be frustrating and stressful. In my years at Saint Leo, I've learned a few ways to combat stress. There are a few general things that everyone can do to take stress to a minimum. When I feel like I'm losing control of my life, it makes it that much easier to panic, so it's important to do even small things that make me feel like I'm back in control. It also helps to recognize the choices and options that are available, and realize that even when it seems like there isn't, there is always an option.

1) Organize personal space

Structured rooms are easier on the eyes and easier on the mind. Organizing objects helps to put the mind at ease, and makes things easier to find. When I clean up and have an organized room to look at, I feel instantly better.

2) Take naps whenever possible

Lack of sleep is hard on the body. An exhausted student with four to six classes, work, and extracurricular activities is not a restful combination. When I'm exhausted, it is so much harder to enjoy the activities I've already committed to. When work really seems like work, it becomes much more difficult to keep up with. Taking power naps whenever time is available can alleviate stress.

3) Watch a funny movie

The term "laughter is the best medicine" holds merit after all. Laughing and smiling can help to relieve stress. When I'm super stressed, I like to watch a comedy and laugh my face off. Laughing really helps to ease stress levels, and gives you a break!

4) Do breathing exercises

When stressed out, the mind is often not working properly. I find that taking a moment to "take a breather" can be helpful. Inhaling deeply 10-15 times and clearing the mind can be a clarifying experience.

5) Use Progressive Muscle Relaxation, or (PMR)

This is a process that involves tensing all muscles up and then relaxing them. Repeating this a few times helps to get blood flowing and helps the body to mellow out. Every time I've tried this it has been helpful in getting me to relax.

6) Think positively

Often thinking positive thoughts can help ward off stressful thoughts. If I let myself think negatively too often, it stresses me out unnecessarily. I like to keep this quote in mind by William James who is considered to be the creator of modern psychology: "The greatest discovery of my generation is that man can alter his life simply by altering his attitude of mind."

7) Improve physical health.

The healthier the body is, the better the mind will handle stress. Making healthier, more pure food choices can lead to better mental health. I've found when I eat healthier, exercise and take vitamins my body feels better and I get an overall sense of completeness. Also, physical exercise releases endorphins, creating a happy, positive feeling.

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The Spirit of Thanksgiving

BY VENISA WALLACE
Lions Pride' Staff Writer

Black Friday, the Macy's Thanksgiving Day Parade and bountiful tables laden with all kinds of foods including the infamous turkey, is the most popular description of Thanksgiving in the United States today. It seems that families come together monotonously, not remembering the first Thanksgiving and the symbolic meanings and lessons learned from this event that once impacted a nation. It has been complained that many holidays have been commercialized, losing the real essence for celebration, and Thanksgiving is not exempt from this complaint.

According to history.com, Thanksgiving celebration was introduced through a notable event. This event was the coming of the pilgrims on the Mayflower to Plymouth, New England in search of religious freedom. These pilgrims came in winter and were devastated by the turbulent weather. Half of the pilgrims died, as a result of contagious diseases and scurvy. In March, the remaining pilgrims left the ship and were greeted by an Indian who was able to speak English. This led to the pilgrims being introduced to Squanto, a member of the Pawtuxet tribe. Squanto taught the pilgrims how to cultivate the land and hunt. He also made an alliance between the pilgrims and Wampanoag, a local tribe. In November of 1621, the pilgrim's crop harvest was successful; this prompted Governor William Bradford to have a celebration, where he invited the Native American Indians. This celebration lasted three days. It was the Indians thoughtful aids to the pilgrims, showing them survival methods and other cultural techniques which enabled the pilgrims to survive. Additionally, it was the thankful attitude of the pilgrims in inviting the Indians to have a feast with them that showed friendship, love, appreciation, and symbols of unity. In essence, it is with unity and appreciation in mind that Americans have dinner on this given day together with family and friends, celebrating gratitude toward those who have enabled Americans to progress into the future, and passing on such a gift to another person or group of people.

When thinking about Thanksgiving on a college campus, one may think about the integration of individuals from different cultures and countries. This provides a reincarnation of the first Thanksgiving in a more modern light: planes flying in from different countries and landing at one destination and cars driving to one school, specifically Saint Leo University. For many international students, especially those from tropical countries, the first winter spent at a foreign University might be difficult. It is through the efforts of other students, family members, and friends who are citizens or residents of the U.S that enables foreign students to feel comfortable and cope while being away from home. The increasingly cold weather of Florida during the winter months is not the only problem, but the absence of close familial ties and surroundings may induce sadness. This is especially so during special holidays when everyone seems to be going home and is excited about being around love ones. Specifically, Thanksgiving may be a lonesome time for foreign students; due to the short length of the holiday, many students remain in the country where they go to school. Some foreign students even stay on campus because they have no relatives near their school.

Several international students at Saint Leo University told *The Lions' Pride* how they celebrated Thanksgiving and what Thanksgiving meant to them. These students said that they spent Thanksgiving with relatives or friends that lived in Florida.

"I'm spending Thanksgiving in Orlando" said sophomore student Perry Davis who is originally from the Bahamas.

Most Caribbean students expressed that their Thanksgiving meals did not just comprise of only turkey, pumpkin pies, and other colloquial dishes; instead, dinners with their American relatives and friends often included dishes from their home country. Some international dishes that may be incorporated into the Thanksgiving meal are the Jamaican dish curry chicken and rice and peas or the popular Haitian dish griot.

It is in the spirit of Thanksgiving that students invite others of different cultures who are far from home to celebrate the holidays, incorporating two cultures in one night of sharing dinner. In celebration of Thanksgiving, extend a helping hand to friends, families and others who might just need a warm family surrounding, filled with love and thanksgiving.

Courtesy of publicdomainpictures.net
Fresh pumpkins, one of the traditional Thanksgiving foods.

Honoring our Veterans

BY BROOKE KING
Lions' Pride Staff Writer

Every year on November 11, Veterans Day is seen as just another national holiday, but to Veterans and those who serve now in the Armed Forces, it serves as a reminder of the cost of freedom.

The original Veterans Day was called Armistice Day, a day to commemorate the end of World War I. However, after World War II and the Korean War, the 83rd Congress changed the word "Armistice" to the word "Veterans." The legislation was passed on June 1, 1954, to officially make November 11, a national holiday to honor the American veterans of all wars. Since its original signing into legislation, regardless of the day that November 11th falls on in the week, the holiday is to be observed as a preservation of the patriotic and historical significance of Veterans. The day is a celebration to honor American soldiers whose patriotism, service to their country, sacrifice for freedom and the common good, was given willingly.

Every year on Veterans Day at Arlington National Cemetery, a ceremony is held at precisely 11 a.m. at the Tomb of the Unknowns, where a wreath is laid by the President of the United States to honor those who have served in the Armed Forces.

President Obama released this statement on March19, 2009, "For their service and sacrifice, warm words of thanks from a grateful nation are more than warranted, but they aren't nearly enough. We also owe our veterans the care they were promised and the benefits that they have earned. We have a sacred trust with those who wear the uniform of the United States of America. It's a commitment that begins at enlistment, and it must never end. But we know that for too long, we've fallen short of meeting that commitment. Too many wounded warriors go without the care that they need. Too many veterans don't receive the support that they've earned. Too many who once wore our nation's uniform now sleep in our nation's streets."

Photo by Brooke King
The American Flag flying in honor of Veterans Day

Though much is being done in the way of providing for the Veterans of the Armed Forces in legislation by the new administration, honoring those who have served is being resurrected as well. On this day of remembrance and honor, activities all around the nation took place. Saint Leo University, with its strong military commitment to educational excellence, conducted a military sculpture dedication ceremony that was held on November 11 at 7 p.m. in Dempsey Plaza on the university campus, with fireworks over Lake Jovita after the conclusion of the ceremony.

For further information about the dedication ceremony and other campus related Veterans Day activities, see the Campus Life (News and Events) section on the Saint Leo website.

Money saving ideas for holiday shopping!

BY AMANDA BUTLER
Lions' Pride Staff Writer

The Holiday season is just around the corner and has always been a time of giving and sharing; now it can be a time of saving! Shoppers' wallets do not need to get paper – thin for friends and family to enjoy the festivities; here are five great gift ideas that will save shoppers money and are suitable for almost anyone!

1.) Holiday Gift Baskets

A basket or a bucket with a picture of a snowman or wintery scene is a beautiful addition to any holiday décor. Filling it up with cards, body lotions, and other small items allows one to give multiple gifts at once. Many small gifts together equal one large gift of love – not to mention the receiver can use the basket to keep things in later on.

2.) Clothes

Many department stores offer sales during the holiday season; and this could be a great reason to get a cute shirt or outfit. If the giver has a knack for knitting or a craft for crochet, socks, gloves, scarves, and hats are only a tiny glimpse of the mountain of possibilities one can do with a few needles and a bit of yarn.

3.) Food

They say food is the closest way to one's heart. Chocolates, candy canes, and peppermints are only a few of the traditional holiday foods, but one can make even more! Grab a cookbook and get out a mixer; a batch of brownies, cake, or cookies is a great gift idea for those friends who love to eat. Get creative with pastries and make cookies shaped like Christmas trees, or pile three cupcakes atop another to make a snowman! Baking supplies would be the only cost, and one could split up the batch between two, three, or even four people!

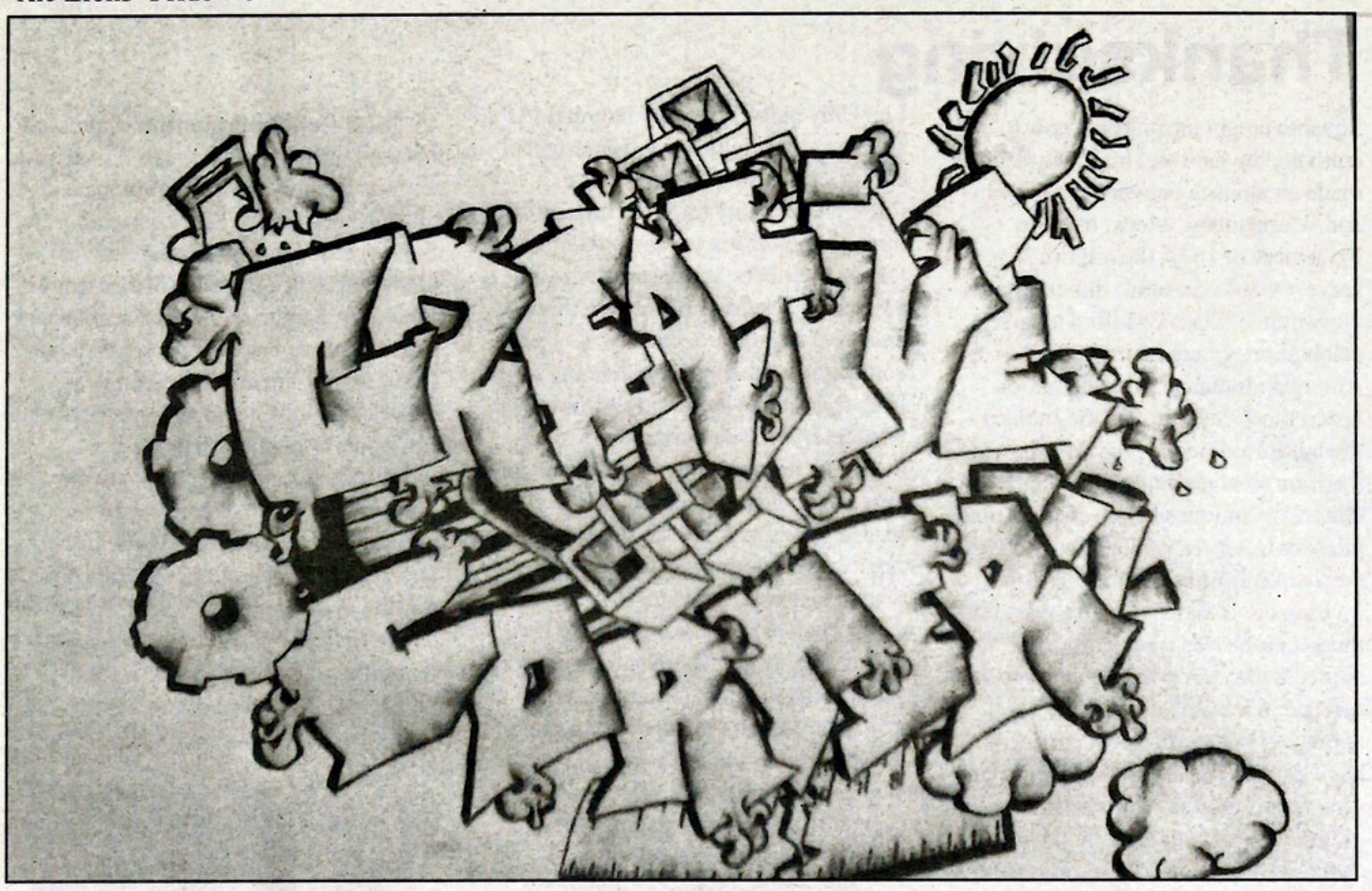
4.) Photo Album

Small, medium, and large photo albums are available at almost any department or clearance store. Pay five dollars or less for one of these convenient books and gather memorable pictures! One can even use various social networking sites to gather past pictures of friends as well! Hide a little note or message inside and here is a gift that is marked with personalized friendship.

5.) Mix CD

Music is something everyone can relate to. Everyone has a favorite genre of music, be it pop, jazz, show tunes, or metal. Two different directions can be taken with making a mix of songs; the first being a specific genre a friend enjoys. Surprise a friend with a playlist of songs similar to what they already listen to, but he or she may have never heard of before. This way one doesn't risk giving something they already have. The second type of a music CD is a playlist of songs that remind the giver of them. One has more freedom with this option, using any type of genre created. A playlist of fifteen songs is a comfortable size, and each song is like a miniature present in itself.

Are any of these ideas inspiring? If not, think of the person receiving the present. Do they like photography? Picture frames would be a great way for them to show off their prize work. Try a notebook for those who like to write, use puffy paint and personalize their name on the cover. Think of a relative or friend's hobbies or interests, and incorporate them into a shopping list. Holiday shopping doesn't have to be a financially stressful event – use some imagination and come up with even more creative ways to save money this winter season! With a little over a month before the holidays, go forth and have fun saving money!



Drawing by Carly King

Ambush

BY SHAWN DODSWORTH

The air is dry; I can see the heat burning off the desert sand rising up to the sweltering sun, only to be returned to the earth. My eyes are heavy, and I am struggling to keep them open as I realize I have been in the same spot for thirteen hours. I begin to wonder what my family is doing back home. My wife is probably cooking dinner for one, or deciding if she should eat at all. My parents are sitting at the dining room table talking about how each other's day went. I know that they all miss me as much as I miss them.

Just as I begin to come back to reality, I see my squad leader glaring at me from deep inside the tree line where we are posted. The look on his face seemes angry. It's as if he had known I was daydreaming. I could just hear him giving me his normal rant for when a troop makes a mistake.

"Now Dodsworth this is your job, you give one hundred and ten percent all day every day. Mistakes in our job cost lives!"

Since we were on an ambush mission, no words can be exchanged, so his spiel would have to wait. I turn back to my sector of watch realizing that pretty soon these training maneuvers will be put to the test in a real world situation. Nothing but sorrowful thoughts play in my mind. What if I die? Would my wife be okay? Will the military take care of her as they promised? . The point of field exercises are to prepare you for war, but how can you truly be ready for the horror that war brings upon everyone involved?

I am looking down the hill that ran out to an empty desert, just waiting for the enemy to make their move. Thirteen young troops tucked in the trees atop a bluff, weapons pointed below locked and loaded ready for action, but going on fourteen hours I begin to wonder if it will ever come. My trigger finger starts to twitch, rubbing along the trigger guard on my rifle. I look around to ensure the members on my squad are okay. We communicate through hand and arm signals, asking each other if we were all good on supplies, such as water, food and of course tobacco? I can see fatigue in everyones' eyes. The sun has begun to descend in the sky, taking a little of the heat with it. I am sure we are all thankful for that. The sight from our position is approximately five hundred meters out, with no trees or brush for cover; the enemy will have to come out into the open. That will make our targets easy to take down. I just wish they would hurry up and come get what's waiting for them, but as the saying goes, you should be careful of what you wish for.

Whispers from behind us carry across the desert air. My first thought is one of our members does not understand the meaning of sound discipline. I look to my squad leader's position to see what his move will be, but he is nowhere to be found. I slowly turn back to my position when someone wraps their hand over my mouth. Startled, at this point, I start to put up a fight, but when I saw it was my squad leader my body went limp with relief. He leans in to my ear and says,

"Enemy troops approaching from behind fifty meters out, we will let them pass by and attack when they are in the open, understand?"

I nod my head slowly. He makes his way back to his position where he began to cover himself with leaves and anything else he could find. After seeing that, I figured it might be a good idea if I did the same thing. I put my face down in the dirt attempting to cover any skin that was showing, branches and leaves thrown over my body. My heart was pounding away as if this was the real deal. I take some deep breaths trying to calm down. I can't afford to make a sound when the enemy makes their way through.

Footsteps draw near, putting me on edge. I can only contemplate what I will do if one of them walks right on top of me. I guess I will just have to begin the fight; after all it is kill or be killed. The cracking of the sticks on the ground are getting closer. They are right on top of us, with no clue that we are even there. You have to love the element of surprise. I can see two individuals off to my right peering out down the hill, waiting for the signal to move. As they begin to make their way down the hill, I lock eyes with my squad leader watching his every move. He begins to rise up from the ground and make his way toward the edge of the tree line. We all follow without question. I see six enemy troops slowly working their way down the hillside. I put my rifle to my cheek, lining up my sights. I glance to my squad leader to wait for the signal. He turns to me and smiles, as if this mission was too easy. He raises his arm above his helmet knowing that when he drops it, the long awaited battle will begin. Just as I turn to check my sights, shots ring out from the left and right. We didn't see it coming; it was an ambush on us. The enemy knew we were there the whole time. Our squad was deemed killed in action, no survivors.

I lean against a tree with disappointment. If this was a real scenario, thirteen troops would be sent home in a box leaving their families to grieve. I close my eyes to reflect on what just happened. When I open them my squad leader is standing in front of me with his head lowered.

"Don't worry we will do better next time" he says, and walks away.

I think to myself, this is not a game, you can't just reset it like a video game. When we go overseas, death is permanent, no next time option.

When I think about the possibility of death while in war my heart slows, my hands get sweaty, and my eye sight begins to blur. How do you know when you are ready to travel down a path filled with violence? To be honest I don't feel you can ever be ready, but you can follow your heart and moral values. You have to trust in the one next to you with no questions asked, and be prepared for the unexpected. At this point I am as ready as I'll ever be. Now the question is, is war ready for me?

Narrative Essay

BY ALYCE DODSWORTH

At seven thirty a.m. I am jolted out of a cozy slumber by the loud beeping of the alarm clock. I slam the off button and turn over to do one more mental scan of the sleeping face across from mine: peaceful, tranquil, and handsome. The face I fell in love with six years ago. I then reluctantly roll myself out from under the covers and stumble my way into the bathroom. I look at the random items on the countertop, and I realize that a "his and hers" bathroom will soon become a "hers and he'll be home soon" bathroom. As he walks in, we continue as if it were any other day. The Colgate tube is a couple of brushings emptier, the dog needs walking, I need showering, and the busy rituals go on. Only a few more hours of normalcy, and then it's on to an unfamiliar state of loneliness. Bags are packed. Boots are strapped. I peer out of the curtains, and I see his ride is approaching. All I really recall from that point is a tearful goodbye, a hug and a kiss, and an "I'll call you when I get to the airport." No less than two minutes from watching him walk out the door I am restless, uncollected, unable to focus, and wearing a new pattern into the rug from my frantic pacing. Three years later and these memories of him leaving for boot camp are still as vivid in my mind as if they happened yesterday.

While many spouses deal with the hardship of having a partner leave home for an extended period of time, whether it is due to medical reasons or employment responsibility, I personally would argue that one of the toughest would be watching that loved one leave for an unfamiliar path provided by the armed forces.

He was training to become a strong link in one of the most demanding jobs in our country. Little did I know that I was going through training of my own. He learns to look out for an entire squad, and I master the ability to cook for one. He trains for war, and I train myself to deal with the thought of his going to war. He learns how to relay a message with only the swift movement of one hand, and I relearn how to rely on words written in ink to convey a personal message. He's working a seventeen hour shift, and I am studying how to read a clock set to military time. He's praying for a veggie burger M.R.E., and I am praying for the day he comes home. He's sick of "desert camo", and I try to find outfits that match it. It was definitely an interesting learning experience.

There are new obstacles that I have had to overcome since the day I became a military wife. I have had to cope with an empty bed, an empty house, and an empty hand when I need one to hold. I have learned to rely on the strength of our relationship to get me through a trying time. I now understand the meaning of a somber day when he leaves for training, because every time he goes he takes a little piece of my heart with him. I have had to adapt to the workings of the government's way of doing things. I have been blessed with the knowledge of the bigger picture in life and that my husband is one of many working towards this. I have seen for myself that not everybody stands behind our troops. Seeing this, I have concluded that the most important thing that I can do is stand tall and proud next to mine. The words honor, commitment, integrity and courage take on a whole new meaning.

Photos

BY CARTER JAMISON

A17

BY KRYSTAL FILSINGER

The sun attempts
to rise over Logan airport.
This shade of deep, dark blue
resembles the 2,500 piece puzzle we attempted—
but I am early,
since I missed yesterday's itinerary.
These seats are naked
and I am bare.
This distance—
our puzzle.
I think its piece is lost,
somewhere beneath the kitchen table,
for I am lost there, too.
2,000 miles,
a coast,
too far.
This coffee,
too hot
to sip.
My eyes,
too puffy
to read.
It smells like bagels.
I am vacant,
restless.
Gate A17,
two hours,
too early.
I awkwardly glance at your socks in my purse.

Abandonment

BY CHELSEA DEVRIES

Stroller sits under
a tree
draped in moss
and full of aged
leaves.

No baby or parent
in sight
as I look out
the window in the sky.

My heart sympathizes
because it's been here
before.

Left alone
in the darkness,
with no light
or décor.

No blanket to warm me
as I stood in the cold
no voice to calm me
no hand to hold.

The mirror of life
showed me the truth.
You were a weed
with no definite root.

Off in the distance,
I see people afar;
Can they see
My heart;
A dim but glistening star.

It's still together,
Whole
No matter the bruises,
Scars, the empty hole

You left.

In the stillness
I hear the most
Beautiful sound

God's voice resounds.
I hear Him say:

Child, I love you.
You I will never
Forsake.

So, I walk an unpaved road
Past the lost souls
but God
has found me
saved me from
your blistering cold.

I pray someday
The mirror of life
Shows you the way

To the fiery furnace.

May you forever pay
The price for all
You did to me.

Enjoy the hell
You put me through
The roller coaster
With no tracks;
The dire view.

Your world without me
Won't be the same
Come to think of it,
What was your name?

Friends become enemies
As I survive
While you
Forsake ever being alive.

Goodbye all the pain
Goodbye all the tears
Rest in peace, S-O-B
Here lies my past fears.

Sunlight appears
A new day
With God by my side,
I'll stand and be BRAVE.

Roadkill

BY KRYSTAL FILSINGER

aching
these swollen eyes attempt
to read
social work practice
with working class Caucasians
but as this book
drops
to the floor
tears come
as vultures
on a freshly hit
armadillo
by the side of a suburban
neighbor hood road
they peck
at my organs
and
i watch
i stare
at every morsel
they devour
all I can do is watch
watch
this carcass
these guts
all over the side walk
a disturbing mess
only time
and rain
can
wash away—
as a death
i grieve.

Leaves of crimson

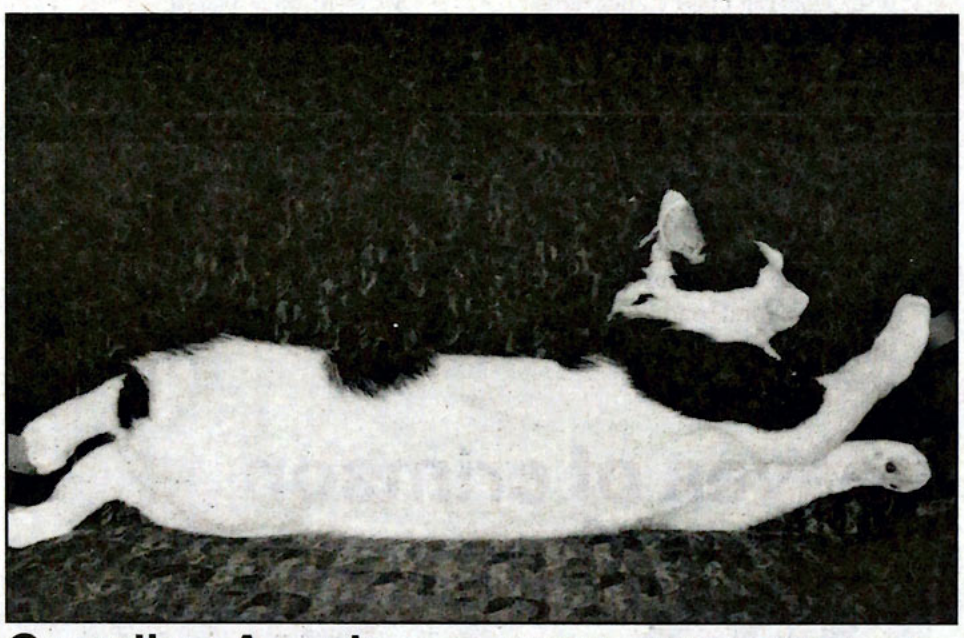
BY TIFFANY ANNE CARPENTER

Like water from diamonds

BY TIFFANY ANNE CARPENTER

Noble Dorm Cat, The Donatello

BY JOHN WALKER



Guardian Angels

BY TIFFANY ANNE CARPENTER

The Glowing Flower

BY JOHN WALKER

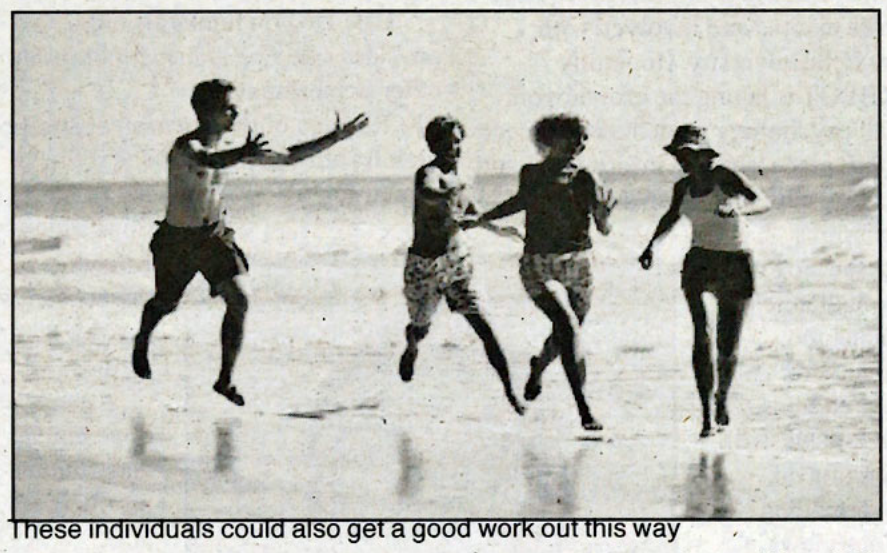
The Workout

BY KRYSTAL FILSINGER

He wore shiny, tight shorts that revealed his toned buttocks. The man on the racing bike was not slowing down for anyone or anything. He nearly ran me into the bushes down San Antonio Way. For those who have not had the privilege of running this great hill, I am sorry. In Florida, hills are scared and special. I often refer to them as mountains because they are so rare here. Somehow, this great town inherited some of the best peaks which roll through orange groves, golf courses, and even Saint Leo University. It smells like rain, the produce stand's vegetables, and a putrid stench from the BBQ trailer on the corner.

I see many people working along this route. However, at the same time I am working as I pass them by. They are working for money and I am just working out. I pass smiling Jerry, Janet, and John as they maintain the local produce stand. They always wave and keep on working.

However, it is not soon, before I see the garden workers hidden within the walls of the orange groves. As I round the corner, they peek out from behind the trees and wooden baskets. They sweat profusely in the sun as they gather loads of oranges. The smell is so strong my eyes water, but I keep on running. My face feels like sweaty orange juice. They smile to me, but it is too hot for conversation.



These individuals could also get a good work out this way

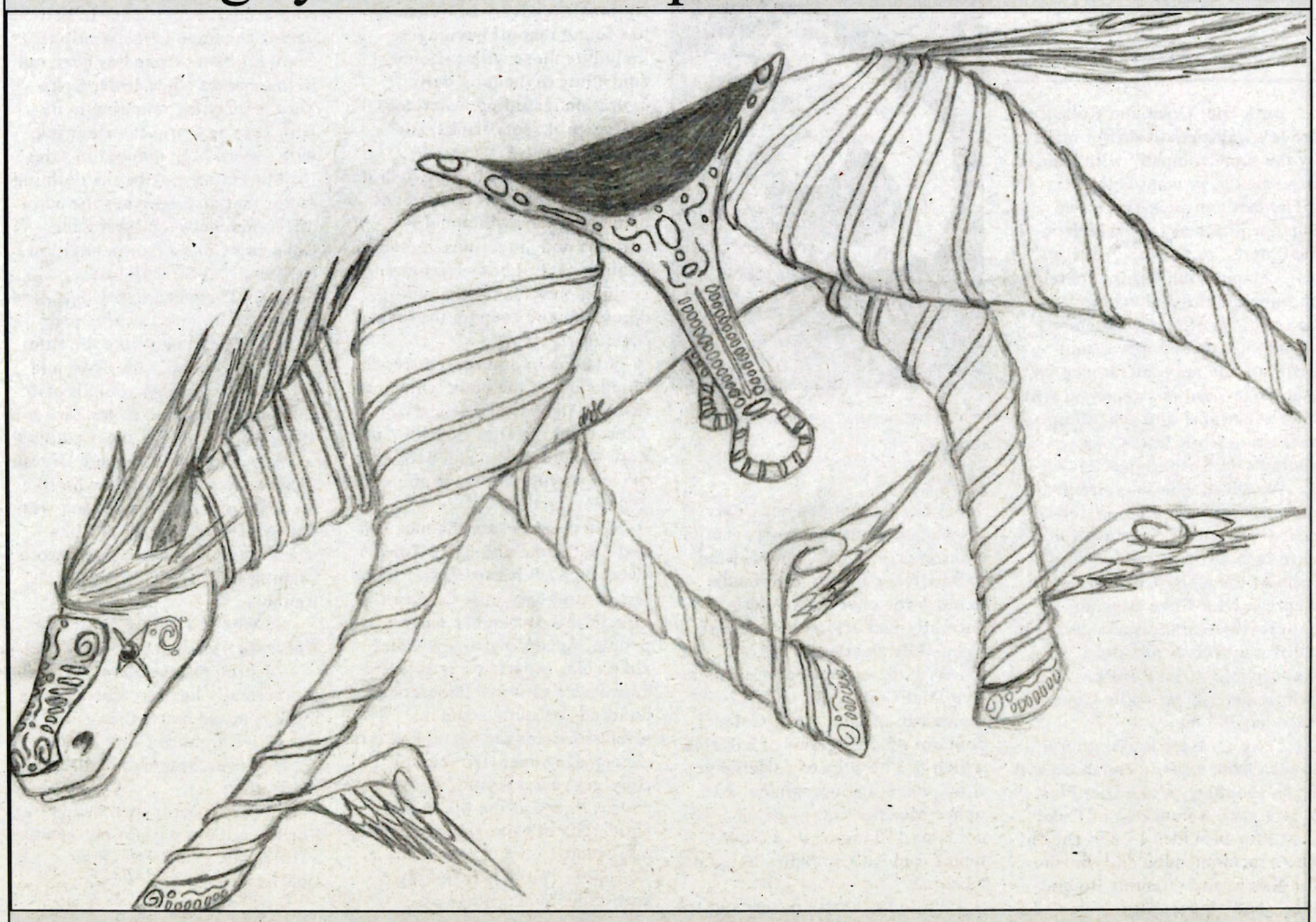
Courtesy of Microsoft Office

The road twists without any sidewalks. Cars and vans zoom by, some as if they really want to run me over. It is pleasant to have the drivers slow down and wait for you to move onto the grass. This rarely happens. I just keep on working out smiling to every person and dog I see. I pass a mutilated dead opossum. His organs are exposed and he looks as if he would make a good lab experiment. Ew.

I am finally at the top of my mountain and convince myself the air is cleaner up here. As I breathe in through my nose and out through my mouth, I watch the children in the schoolyard. Everyone is working on something. I see the little girls working hard to make friends and be accepted. I see small boys working to be the best at the recess sports. I see the teachers working to keep the children tight within the metal white fence. I stop for a second and then just keep on going. I am obviously working for something. I think... is this for peace of mind? A better body? A stress reliever?

As I pass by Railroad Avenue, Oak Street, Michigan Avenue, I know this work out will soon be over. I keep pushing harder and working for my goal; to reach where I first began. I enjoy seeing Steven and Jarrod up on ladders working on that old green building. They chip away paint, put up screens, and occasionally take a cigarette break. I have watched this whole process for days and weeks. They work as I work out, but sometimes it is nice to talk with strangers. Once the work is put down even just for a moment, people are no longer strangers, but friends. When I first began this journey, I thought I was only working for only one thing. It was a chore not a lesson. It became my job, not a pleasure. Once things can be enjoyed, put down, and appreciated, work takes on an entire new definition. I realize these roads were made to work in a different way. They work to form new ideas, friendships, talents, observations, perspectives, and smells. I can still taste the sweaty orange juice dripping down my face.

Drawing by Michelle Cooper



Psychology students get iNKED

BY CHERALYN BARRINGTON
Lions' Pride Layout Editor

The Psychology department has just gained a valuable asset. A blog called iNKBLOT has recently been revealed. This blog provides a place for all Saint Leo University students including those who learn on campus, at various centers, and through the COL and DL programs to interact with one another and share information. This blog is not only for Psychology majors, but for anyone interested in connecting to other students through the interesting topics and valuable information the blog provides. The blog is updated on a daily basis and has recently included topics such as sexomnia, the benefits of exercise, the dangers of drinking Four Loko, and an altruism gene that can potentially be linked to willingness to donate to charity. This reporter interviewed Dr. Shannon Farris, a psychology professor at Saint Leo and the webmaster of iNKBLOT.

Cheralyn Barrington: What will this blog do for Saint Leo University psychology students and what are its most notable features?
Shannon Farris: iNKBLOT is a virtual place for all faculty and students at the Centers, University, DL and COL to connect with one another. iNKBLOT is an interactive, engaging blog for all students and faculty to discuss relevant topics in psychology, post announcements and activities, have faculty or student discussions, and to share information and resources with one another. You don't have to be a psychology major to enjoy this blog. All that is required is to be excited and involved with Saint Leo University. Hopefully iNKBLOT is laying the groundwork for all psychology students to connect in ONE place, sharing information and engaging with one another through discussions. I think the blog will also challenge students too. Students from all of our campus, COL and DL will be logging on; thus, providing various views regarding life, identity, behavior, and, etc. This dynamic has the potential to create a very powerful and engaging blogosphere.
CB: Who came up with this idea?

Dr. Shannon Farris photo by Cheralyn Barrington

SF: During our fall psychology retreat, Dr. Drave's suggested a blog as one way to effectively connect with all Saint Leo faculty and students. After weeks of discussions, emails, and meetings Drs. Kieffer, Draves and I initiated iNKBLOT.

CB: Do you think this blog provides stepping stones for blogs in other departments?
SF: Perhaps other departments will be looking at iNKBLOT to see if this is something where they want to go. I think a blog for any department is worthy of a serious discussion. I hope that all departments are focused and determined in finding effective ways to connect all of the campuses and students in their departments. This blog was created for the students and faculty to engage, share, and extend that real connectedness that we get in the classroom. While iNKBLOT cannot replace the physical and emotional contact in the classroom, if we can get close to that, the blog will be successful. iNKBLOT also fosters an opportunity for faculty and students to become more savvy with some of the latest technology to prevent them from being left behind when they graduate and/or continue on in their career. These are large goals, but maybe iNKBLOT will chip away at these goals one blog at a time. We have a lot of talented people working with me on this and so far we've had tremendous support from the administration, faculty and students. This leads me to think that we're headed in the right direction. I think this is another way that we continue to focus on the students and faculty as we would with our own family.

CB: Anything else you'd like Saint Leo students to know about this blog?
SF: It's great to see and hear the support from the University Campus to connect with all of the Centers, DL and COL faculty and students. iNKBLOT is just one of many ways helping to promote that. We are truly one university, and all of us are a part of something much greater than ourselves.

The Great Debate: Diet Coke vs. Coke Zero

BY JESSICA PALL AND MINDY PIERCE

Lions Pride Online and Sports Editor

Both Diet Coke and Coke Zero are low calorie soft drinks made by the same company with similar ingredients, so what is the difference between these two popular products, and which one is healthier?

Although both drinks contain carbonated purified water, flavoring, artificial sweeteners aspartame, preservatives and caffeine, the main difference is that Coke Zero is sweetened with both aspartame and acesulfame potassium while Diet Coke contains just aspartame.

For those who may prefer the taste of Coke Zero compared to Diet Coke, this is because Coke Zero is made using a modified form of the Coco-Cola recipe whereas Diet Coke uses an entirely different formula giving it a different flavor profile. Additionally, Diet Coke has one calorie per 100 ml while Coke Zero has 0.5 ml.

Coke drinkers looking for a low-calorie, vitamin enhanced soft drink should try Coke Diet Plus, where each 8 ounce(s) of Coke Diet Plus provides 15 percent of one's recommended daily intake for Niacin and vitamins B6 and B12 , and 10 percent for zinc and magnesium.

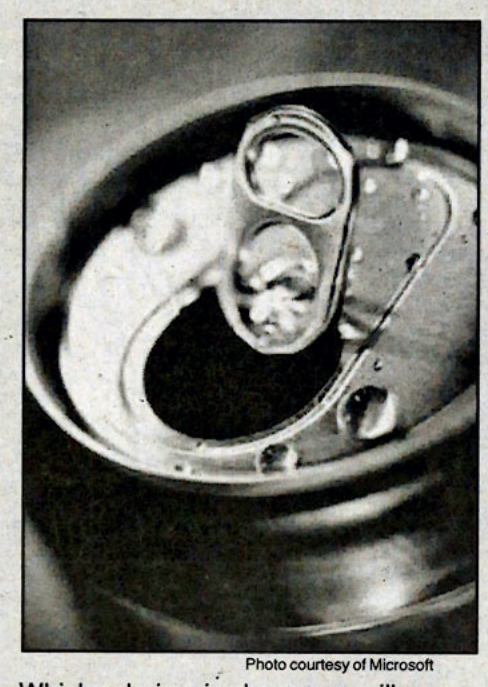


Photo courtesy of Microsoft

Which calorie-wise beverage will you choose?

Other flavors of Diet Coke products include raspberry, vanilla, black cherry vanilla, lemon, lime, and caffeine free, and Splenda brand sweetener. Coke Zero currently just offers the original Coca-Cola flavor and cherry.

With the exception of caffeine free Diet Coca-Cola, one 12-ounce can of Diet Coca-Cola contains 45 milligrams of caffeine which is 37.5 mgs of caffeine per fluid ounce. In comparison, a 16-ounce Monster energy drink contains 160 mg while an 8.46 ounce Red Bull contains 80 mg of caffeine.

While the health benefits of caffeine are often debated, the Institute of Medicine of the National Academy of Sciences has found that all beverages, including those with caffeine, contribute to the total daily hydration including water, tea, coffee, milk, soft drinks, and sports drinks.

It is important to stay hydrated because 60 percent of the body is made of water, which helps regulate body functions, including helping control body temperature, keeping muscles strong, aiding digestion, and keeping the brain functioning right.

Also, dehydration reduces the blood flow of the body which can result in listless, tired behavior. Thus, drinking Diet Coke or Coke Zero in moderation can help keep the body hydrated, functioning, and energized.

Often, a consumer concern is that Diet Coke and Coke Zero is sweetened with aspartame; there is a controversy over the health effects this sweetener has on people. According to www.diet-coke.com, aspartame is safe for consumers as it has undergone hundreds of studies and no scientific evidence has linked it to cancer. However, Dr. Russell L. Blaylock, a professor of neurosurgery at the Medical University of Mississippi, recently published a book *Excitotoxins: The Taste That Kills*, linking aspartame to neurological disorders. Thus, consumers will have to decide for themselves whose advice they want to believe or just consume in moderation.

While Diet Coke has been out in the market since 1982, Coke Zero is just now rounding in its fifth year as a low calorie drink with record high number in sales.

Marketing may be the defining factor that distinguishes the main difference between both Diet Coke and Coke Zero, in addition to the taste. According to differencebetween.net, Coke Zero is marketed more towards men because men do not like the title "diet" associated with Coke and the slick, black packaging is also considered manlier. Coke Zero is also preferred by younger adults.

According to Beverage Digest, "There are many people who like the taste of Coke Classic but who did not transition to Diet Coke when they got older. Coke Zero is keeping them in the Coca-Cola franchise."

So what do fellow Saint Leo University students prefer?

"I prefer Coke Zero because it practically has no calories and I think it tastes better than Diet Coke," said junior Chris Tamez.

However, some students are indifferent.

"I really don't care which one I drink, although Coke Zero tastes a little stale," said freshman Charlie Arliss.

Trinidad & Tobago: Crime and Tourism

BY CASEY MCKENNA
Lions' Pride Entertainment and Fact Editor

With travel and tourism being an opportunity for some students, faculty, and staff, Trinidad and Tobago may be desirable destinations. With many students having the opportunity to speak with their peers who have lived on the island of Trinidad, its neighboring island, Tobago, may have some appeal to many in the Saint Leo community. Some members of the community may have become familiar with Carnival, a tradition celebrated year after year in Trinidad and Tobago. It is a tradition that has been brought to Miami, Florida in years past. With the holidays around the corner, many international students will be traveling back home in December. Others may be starting to plan their spring breaks in advance. Students like Antonette Lyken, an International Studies major, who have had the opportunity to live in Trinidad, would like tourists to know a few important things before travelling to her homeland.

Lyken, now 22 was born in Brooklyn, New York, and by eight months old was relocated to Trinidad with her family. Her mother and her immediate family still live in Trinidad and she speaks with them at least once a week, leaving her constantly updated with the news in her homeland. "I want them to know more about our Carnival which is highly commercialized all over the world," said Lyken in regard to the Saint Leo community. "It is more than skimpy costumes and hyped music, but an art form rich in history that goes beyond what is shown on television," said Lyken.

The celebration which has been around since 1783 has offered a vast array of people to come together and express their culture. The celebration which is based around the timing of Lent begins on a Monday with a tradition called J'Ouvert. J'Ouvert deriving from the French word, "jour ouvert," or "day open" in English, starts off the celebration at the early morning hour of four am. On this day, many people can walk in large groups painted in anything from oil to mud and paint to express the freedom of their inhibitions. The festivities which include dancing and singing continue on through the Tuesday before Ash Wednesday.

The Islands host other less commercialized events such as The Great Race which occurs in August each year. This event appeals to people with boats who are able to launch them at this event. "There are a lot of parties and music at The Great Race" said Lyken. Another event that assists in the success of Trinidad and Tobago's tourism economy is The Tobago Jazz Festival. "The Jazz Festival brings in a lot of international artists" said Lyken. This event takes place anywhere between August and October.

A beautiful Caribbean beach Courtesy of Microsoft Office

With opportunities like this, tourist will be able to experience the rich culture that Trinidad and Tobago offer, but as with any tourism opportunity, one must know the dangers and downfalls of every foreign experience.

"I want the Saint Leo community to be aware of things other than the crime that is affecting our country, however; I want them to become very aware of what is going on so that when they visit they can be more knowledgeable visitors," said Lyken. According to Lyken, crime is an issue that is starting to greatly affect Trinidad's tourism, as well as the locals who would like to migrate. "It's sad that for such a small Island the crime is prominent," said Lyken.

According to Lyken, the crime that is occurring is not only dangerous for tourists, but it is becoming harmful to locals as well. "They target people who appear unaware. I always recommend that if people are going to visit Trinidad to bring a local with them." Some tips that Lyken has for anyone who is considering a vacation to the country are: do your research in advance, make contact with a local before you get there if possible; they can assist you in determining if what you are spending is an honest price, and be open minded.

Republicans take over

BY BROOKE KING
Lions' Pride Staff Writer

When the ballots were cast on November 5, the months of political speeches and commercials came to an end as the Republicans took back over the House of Representatives.

The projections for the outcome of the elections were favored at the Democrats. However, according to NBC.com, the Democrats won 187 seats and Republicans 239 seats. Though the Democrats still control the majority in the Senate, the amount of Republicans now in office have the power to sway any political change that the Obama administration proposes.

In a statement released by the White House, President Obama insisted that the election required him to make some midcourse corrections and adjustments. Though the President infers that these changes will be met with frustration from Capitol Hill, amidst already added pressure to cut spending and decrease the national deficit, he will not stop in his efforts to implement some of his key measures such as clean energy and education.

The Republican Party has already gone on record stating that there are several bills and laws that they mean to address as soon as their new members take their seats of office. U.S. Defense Secretary Robert Gates said that Congress should act quickly on the bills currently on the docket to be voted on, specifically the abolishing of the Armed Force's ban on gays openly serving in the military.

"I would like to see the repeal of 'don't ask, don't tell,' but I'm not sure what the prospects for that are," said Gates of the current state of affairs in Congress.

Many of the voters who turned out on November 5 expressed to the nation and the President their concern with the state of affairs of American politics. Though it is uncertain if the Democrats lobbying bills that are currently in progress will ever get passed, the fate of Congress now lies in the hands of the Republican Party and its constituents.

A bright future for Florida?

BY BROOKE KING
Lions' Pride Staff Writer

In January, when Charlie Crist hands the reins over as governor to Rick Scott, Scott will have a whole Republican Cabinet and House backing him up. Though his tea-party manner of politics has some Floridians weary of his newly appointed office, Scott maintains that he is ready to get started.

"Rick Scott has two months to take on a learning curve most governors haven't had to because they served in some way or form in the process. He's not going to constrain himself by what pitfalls may arise. He's going to do what he thinks is right," said state Senator Paula Dockery.

Governor-elect, Rick Scott's fiscal conservative philosophy has some citizens worried about where their tax dollars are going to go. As he prepares to take office in January, his agenda is being pushed at lawmakers. His initiative on heavy state spending cuts, a major factor in his economic plan, will help to produce more private-sector jobs and facilitate the economy in Florida.

"Today is the end of politics as usual in Tallahassee. We are going to work for the common good. Some are beginning to wonder if anyone in Tallahassee can turn things around. Today, I have a message for the thousands of Floridians who are hurting: don't give up," said Scott of his victory.

What will the governor-elect have in store for the future? According to his victory speech, a chance at a new beginning for Florida is in store, but only time will tell if Scott will be able to keep his message of hope.

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Arts & Entertainment

SLU does Hairspray

BY VENISA WALLACE
Lions' Pride Staff Writer

Segregation, love and cross-dressing, sounds like *Hairspray*. The popular musical *Hairspray* made it to Saint Leo University and premiered on November 4, 2010 at the Marmion Center. *Hairspray* the movie, made it to theaters in 2007 with a star-studded cast including John Travolta who played Edna Turnblad, mother to protagonist Tracy Turnblad, Queen Latifah who played Motormouth Maybelle, and Amanda Bynes who played Penny Pingleton. However, according to The International Broadway Database, *Hairspray* the Broadway musical opened on August 15, 2002, and has won eight Tony Awards. With such acclamation, the Saint Leo University cast of *Hairspray* had quite big shoes to fill.

Opening night of the Saint Leo University rendition of the Broadway musical *Hairspray* was a hit and they experienced a full house. Families and friends came in great numbers to support the actors and to enjoy a night filled with music and dancing. For those who are not familiar with *Hairspray* the musical, the play follows the aspirations of a festively plump teenage girl, Tracy Turnblad. Tracy, played by SLU student Natasha Hojati and her friend Penny Pingleton, played by SLU student Leah Hollingsworth are obsessed with the Corny Collins Show. One afternoon the girls find out that Corny Collins, played by Tim Hollis, will be holding an audition for a new dancer to be on the show. Tracy is excited and decides to audition despite her mother Edna's, played by Mike Gincel, protest. At the audition Tracy is rejected by Velma Von Tussle, producer of the Corny Collins show, because of her size. Velma Von Tussle, played by student Nicole Natoli, is mother to Amber Von Tussle, student Caryn Guth, and provides the foil to Tracy and Edna Turnblad. Unlike the voluptuous, down to Earth Turnblad ladies, the Von Tussle's are skinny, racist, socialites. Tracy, however, gets her chance to be in the Corny Collins' show after Corny DJs at her school dance and is impressed by her dance moves. Tracy becomes a part of her favorite show and speaks on national television against segregation on the show and in her community. Thus begins Tracy's attempt to end segregation in her community and on the Corny Collins' show. With help from Penny and Seaweed, played by student Dominic Hughes, her parents and other enthralling characters, Tracy strives to achieve her goals and win the heart of starlet Link Larkin, played by student Tyler Matos, who was once Amber Von Tussle's suitor.

Not only is *Hairspray* an entertaining play, but it also provides important lessons. The themes embedded in Hairspray are that of equality, unity, determination, and love. Tracy Turnblad represented change and her undaunted determination is to be emulated, it teaches us that despite various obstacles, we strive to accomplish our dreams or goals. Despite the group of influential people who did not support her cause and her dreams, Tracy never lost faith in herself. The play also highlighted the nonsensical concept of segregation and showed that love has no bounds whether it is classist or racist boundaries. Moreover, *Hairspray* speaks about self-esteem and self love; if Tracy did not love herself she might have become depressed at how Velma and Amber Von Tussle treated her.

Photo by Venisa Wallace
Marquessa Hodge performing as Little Inez

Instead, Tracy loved herself despite the criticisms, and taught her mother Edna how to have self-confidence.

The premier of Hairspray at The Marmion Center was exceptional; both actors and audience were very pleased with the performance.

"The performance was exceptional. I loved the music. There were some technical difficulties though because the microphones were too low," said freshman Sheilla Luma.

Another student of Saint Leo University, popularly known as D.J., stated that Seaweed was his favorite character because Seaweed reminded him of himself. D.J also said that he would rate the play eight out of ten. The cast also expressed their excitement about the opening of the play and their experience in taking part in the production. Leah Hollingsworth, who played Penny Pingleton, said that she loves musicals and that *Hairspray* was the biggest production she has been a part of to date. She also said that preparing for the play took a lot of time, but it was worth it. Another cast member who expressed her feelings towards the production was Michelle Garcia. Michelle said that being a part of the production of *Hairspray* allowed her to meet new friends. She also said that being a part of the musical required patience and that it was wonderful to see the production come together beautifully.

Families came out in large numbers to support their loved ones who performed. One family that came to show their support was the Natoli family. Nicole Natoli played Velma Von Tussle in the musical. Nicole's grandmother, dad, and aunt were at the opening night, and her mother would make it for the second night. The Natolis were very proud of Nicole.

"She puts everything in her performances," said Mr. Natoli.

Nicole's grandmother and aunt requested printed messages for Nicole to be put in the Hairspray program. Mrs. Jan Natoli, Nicole's grandmother commented that she inspired Nicole to do her "mean face." Nicole also expressed her views on the production and the part she played as Velma Von Tussle.

"It is a fantastic part, and I have never played such a part before," said Nicole.

Although there were technical difficulties, the opening night of *Hairspray* at Saint Leo University was deemed a success by audience and cast. The band, cast, and production crew did a phenomenal job. There were Hairspray t-shirts being sold at the end of the performance. These t-shirts serve as a souvenir, in remembrance of the SLU rendition of *Hairspray*.

Rhinoceros charges Saint Leo

BY LINDSAY RENNER
Lions' Pride Ad Editor

It is almost impossible to convey the strong sense of absurdity that runs throughout Eugene Ionesco's play *Rhinoceros*. The central conceit of the piece revolves around the transformation of the citizens of a town in France to rhinoceroses as soon as they accept the presence of the beasts. However, this conveys a much stronger underlying theme. The play's protagonist, Berenger, refuses to accept the beasts and does not become one of the herd himself. This refusal to accept a widespread phenomenon as this points to the importance of the reliance on oneself to hold up personal ideals, and the distinction of individuals who embark among this path from the rest of society.

As an absurd play, this work demands a strong over the top quality from its actresses and actors. Bodily movements must be large in size, and it is important that the audience buy strongly into the emotions associated with these occurrences. That being said, all the play's actors and actresses possessed the strong flair for the dramatic that is required of a piece such as this. Particularly strong were Brittney Currie in the role of Jean and Justin Paulauskis in the role of the protagonist Berenger. Currie's movements were grand and harried, as one would expect of someone losing their mind and succumbing to the herd. Berenger is utterly the opposite: though a drunkard, he is much more in possession of the willpower Jean so frequently encourages him to cultivate more thoroughly. It can even be argued that through Currie's portrayal of Jean, he may be the deciding agent. In Act 2, Scene 2, in which Jean morphs into a rhinoceros while Berenger is in his apartment, Berenger's horror at the situation is palpable, and feeds strongly off of the increasing levels of madness that Currie conveys.

As set design goes, this production featured very minimalist workings. There were two main areas to the stage that served various purposes throughout the scenes and acts. Chairs and other furniture were taken and added as needed. The largely dark colors of this set made it much easier for the viewer to focus on the action in the play, rather than the characters' surroundings. However, most impressive was the screen on the back wall. During the course of the play, this screen was used to show a slideshow of pictures at various moments. These pictures added comedic value at all the right moments, and at one point in Act 3, showcased the eventual transformation of various characters into rhinoceroses before they even happened. This subtle method of foreshadowing played very nicely into the play's overall atmosphere. The uniformity of costume among the play's supporting characters was also a nice touch. Most of the minor characters wore grey pants and light colored shirts. This was most notable in the office scene, in which every character wore grey pants and a white shirt. This unity distinguished Berenger nicely from the rest of the characters, as well as his love interest Daisy (portrayed by Julia Teal).

As mentioned earlier, for this piece to function properly, a high level of dramatic intensity is of the utmost necessity. The actors for this play's major characters- Berenger, Jean, Daisy and Dudard, respectively- all excelled at this task. The same was true for virtually every other actor in this production. Paulauskis especially showed a remarkable gift for bringing out the intensity, insanity and confusion associated with Berenger's character. At the play's conclusion, it was clearly evident to the viewer how strong Berenger's character was. Paulauskis truly played him as a man who had lost everything, yet still refused to give in to the will of the majority. It must also be noted that not a single physical rhinoceros was ever present on the stage or in the theater in general, yet every actor and actress excelled at leading the audience to believe one was in the building.

From beginning to end, this play flowed very nicely. Although it got a little hung up towards the middle, the action quickly resumed and kept moving up until the very end. One could not leave this show without being reminded of staying true to oneself and never capitulating.

Springsteen brings Darkness to the 21st century

BY ANDREW LEVENGOOD
Lions' Pride Staff Writer

In 1978, Bruce Springsteen released his much anticipated follow-up to *Born to Run.* After three years of lawsuits and problems with the record company, *Darkness on the Edge of Town,* reached fifth on the U.S. Billboard, exciting fans all over the world. On November 16, the 25 anniversary of that release, Bruce Springsteen and the E Street Band will release *The Promise: The Darkness on the Edge of Town Story.*

This three CD and DVD box set will include an entirely remastered version of the original album, a double album of unreleased songs recorded during the sessions for *Darkness on the Edge of Town,* the documentary of the making of this iconic album, a performance of the album in its entirety, unseen performances of songs from the album and its recording sessions, and a concert from 1978 in Houston.

The double album of outtakes,also available for separate purchase, entitled *The Promise*, includes many bootlegged and heralded songs from the Jersey icon. The first song on this unprecedented album of unreleased material is an extended version of *Racing in the Street*, but this one was recorded in 1978. It features a long piano intro, accompanied by superb harmonica by Springsteen. This version was performed throughout the tour, following the release of *Darkness on the Edge of Town* in 1978. Also on this album is the original version of *Because the Night*, which Springsteen gave to Patti Smith who famously recorded the song as her highest charting hit. Also included are other songs Springsteen gave away such as *Rendezvous, Fire, and Talk to Me.*

Also in this box set is a performance of the album in its entirety from the current band in the Paramount Theatre in Asbury Park, New Jersey. This performance was recorded without any crowd so that each and every piece of music could be heard in all its glory, in an intimate venue.

The main feature of this deluxe release is *The Promise: The Making of Darkness on the Edge of Town*, directed by Thom Zimmy, who is both Grammy and Emmy nominated. Filmed from 1976 to 1978, this documentary shows Bruce and the E Street Band in the studio writing, performing, and recording *Darkness on the Edge of Town*. This offers fans a way to see how the genius of this group creates their music and how the lyrics of Bruce Springsteen and the production of Steve Van Zandt and Jon Landau mix to create 20th century masterpieces.

Also on this album is a legendary concert from the famed 1978 tour, supporting *Darkness on the Edge of Town from Houston*. Included in this concert are songs from *Darkness on the Edge of Town,* songs that were never released as studio recordings until this box set, and one of the first performances of *Independence Day,* which would not be released until 1980 on *The River.*

Overall, this remaster of one of classic rocks most important albums is a must have for not only Bruce Springsteen fans, but all rock fans alike. Never before has any artist released such a complex look at one of their most influential pieces in such an awe-inspiring way.

Elvis Costello

BY ANDREW LEVENGOOD
Lions' Pride Staff Writer

On November 2, Elvis Costello released a brand new album produced by the legendary T-Bone Burnett. Entitled *National Ransom*, this is his third release in three years releasing more music and appearing in the public eye more than ever.

Unlike his previous two albums, this album does not have a definitive backing band. Members from each of his two recent bands, *The Imposters* and *The Sugarcanes* – appear on the album, but overall, it's solely an Elvis Costello album. One of the most intriguing things about this record is the production of T-Bone Burnett, who has gone from a legendary performer to one of the most sought after producers in music. He also produced the Elton John/ Leon Russell collaboration *The Union* this year.

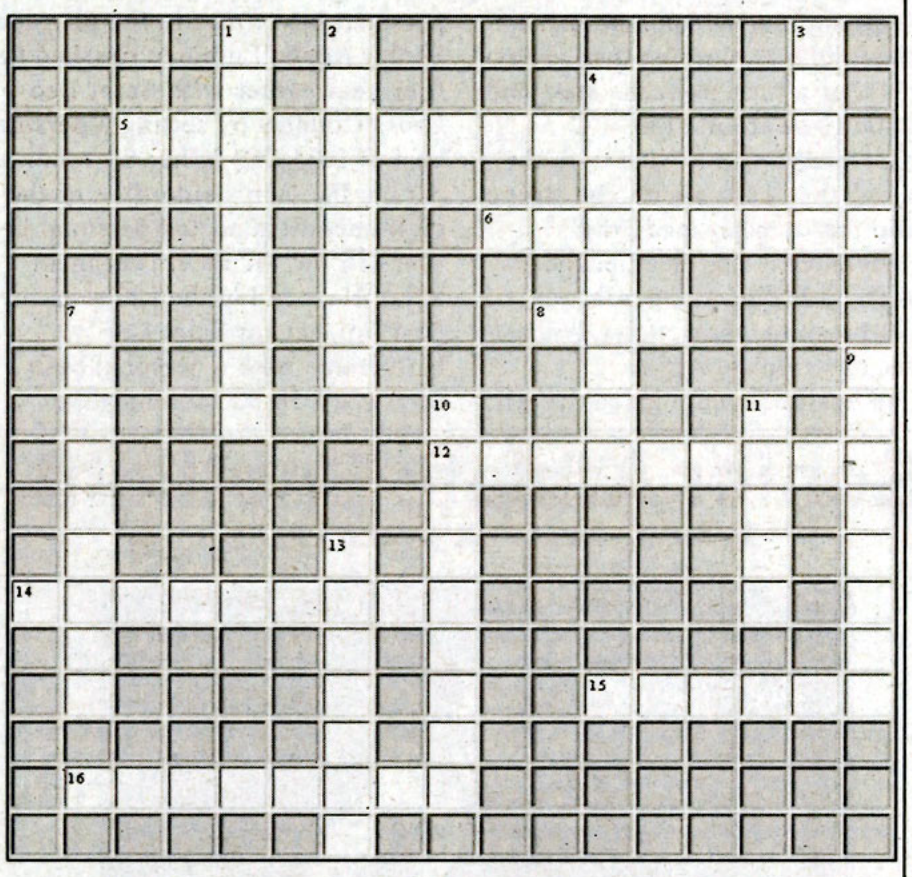
Costello draws from many different genres on *National Ransom,* and he shows that, as different guests perform on various songs on the album. Legendary country singer Vince Gill offers his voice to the chorus of *Dr. Watson I Presume*.

"His voice seems ageless and timeless to me and the turns he can make inside a harmony line would confound a mere pup," said Costello on his website.

Also appearing on this album is the iconic Leon Russell, who just released an album with Elton John that also was produced by T-Bone Burnett. He plays his traditional country piano playing on *My Lovely Jezebel.* National Ransom also features contributions from *Band of Joy* member Buddy Miller on guitar and jazz guitarist Marc Ribot.

Overall, Costello offers another strong album, with a political based theme, and with the help of T-Bone Burnett, he delivers a pleasant appeal to America. *National Ransom* is currently available in stores and on all digital providers. Costello has also been and will be performing on late night shows, and his appearance on the Colbert Report is available at cobertnation.com.

Thanksgiving Crossword



Across

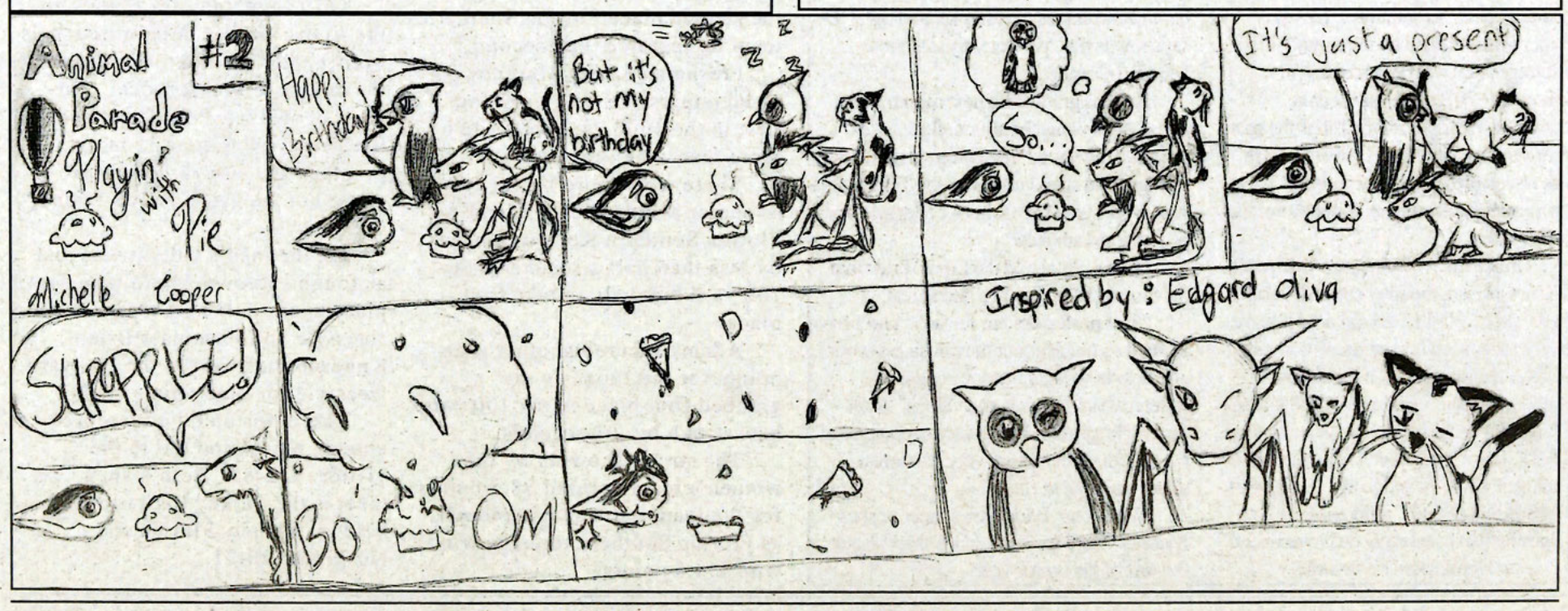
5. collection of food
6. fake turkey
8. egg-
12. native ___
14. word for thanks
15. turkey noise
16. stuff with a suffix

Down

1. "___ in the night sky are like shooting stars."
2. day of Thanksgiving 2010
3. fruity pie
4. boat responsible for Thanksgiving
7. crow repellant
9. wish and snap
10. family ___
11. word for corn
13. resembles an oversized orange

Animal Parade #2: Playing with pie

BY MICHELLE COOPER



Sports

Lions' Cross Country Finish Strong in 2010 SSC Championships

BY KATIE DAVID
Lions' Pride Sports Writer

Both the men's and women's cross country teams closed out their seasons November 6, 2010 at the Sunshine State Conference Championships at Wickham Park in Melbourne, Fl. Both teams finished better than in 2009. The women's team finished fourth out of six teams while the men's team finished fifth out of six teams. The conference championship focuses more on the order of finish rather than the time posted.

"I couldn't be more proud of the women's team for stepping it up and competing for finish places, not just time. They made it a race from the start and at midway around the backstretch of the lake with the wind, they continued to be strong and that is what made the difference," said head coach Melissa Miller-Mangen.

Freshman newcomer, Andrea Maxwell finished in an impressive seventh place overall, earning a top ten finish for the Lions. This finish guaranteed her a spot on the 2010 All-SSC Championship team. Maxwell now holds the Saint Leo University 6K race record with a time of 22:32.29.

"The race was freezing! But like always we pushed through and gave it our all. We had such a strong race not only as individuals but as a team and I could not have been more happy, and proud of us!" said sophomore Mariah Moss

Moss finished the race with a time of 25:18.74 improving her time by a remarkable 31 seconds.

Similarly, the eight members of the women's team all recorded personal best times in the 6K race. Senior Alison Luthman finished her four year career with Saint Leo Cross Country by setting a personal best of 23:53.67 in her 6K race.

On the men's side, five of the eight members posted personal best times in the 8K race. Freshman Brian Haynes led the Lions as the first finisher for Saint Leo University, with a personal best time of 27:50.08. Junior Mike Berry followed Haynes, showing the SSC Championships and his team that his increased training has paid off. Berry finished with a time of 27:55.08, placing him nine spots higher than previously in 2009. Senior Matt Attal finished his career with a time of 29:58.16 in his 8K race.

"The men's team proved to hold their ground as a team and improved on their individual performances recently set on this course in early September... I look forward to what the men can do next year," added Coach Miller-Mangen.

The women's Cross Country team warming up before their race

Photo Courtesy of Mike Carlson

Team Scores

Women:

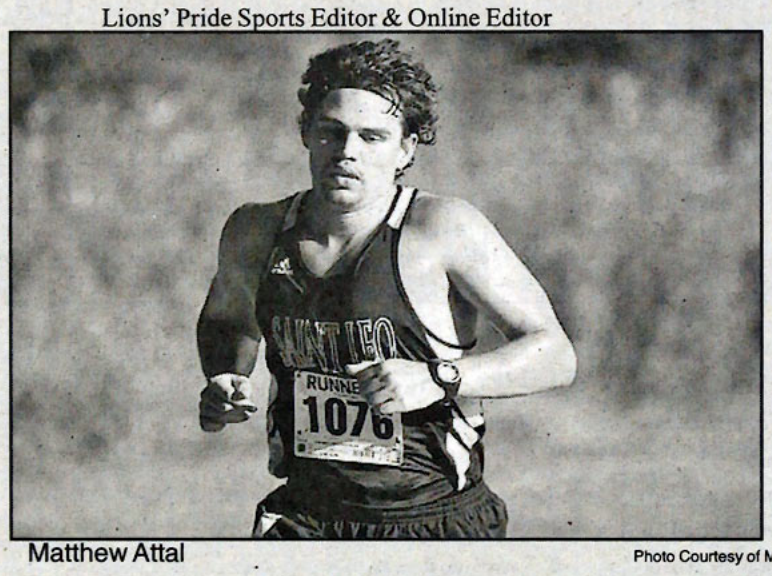
1. University of Tampa
2. Nova Southeastern
3. Florida Tech
4. Saint Leo University
5. Florida Southern College
6. Rollins College

Men:

1. Florida Southern College
2. University of Tampa
3. Nova Southeastern
4. Florida Tech
5. Saint Leo University
6. Rollins College

Senior Athlete Spotlight

BY MINDY PIERCE & JESSICA PALL
Lions' Pride Sports Editor & Online Editor



Matthew Attal

Photo Courtesy of Mike Carlson

Senior Matthew Attal was born in Tampa, Florida and is double majoring in Entrepreneurship and Business Management. In addition to his two majors, he is also receiving a minor in Biology. Attal will be graduating in December 2010. He has been a competitive runner for the Lions the past four years at Saint Leo University. He has also represented the Lions for swimming his freshman, sophomore, and junior years.

Unlike the women's side who raced 5Ks all season, the men raced 8Ks for every race. While Attal did not improve every race, each course presented many different hills and unique challenges. Attal clocked in with his fastest 8K at the University of Tampa invite with a time of 28:33.12 on September 3. His second best time was clocked in at a 29:58.16 at the Sunshine State Conference Championships recently on November 6.

Attal reminisces his favorite memories of Saint Leo Cross Country being "all the long mornings running down dirt and gravel roads with dogs chasing closely behind and ankles twisting left and right" He says it was the "perfect way to start a Monday morning."

As he is graduating next month, Attal already has plans for after college. Next semester, he has an internship set up with a strength and speed trainer in the Tampa area who works with high school, collegiate, and professional athletes.

Overall Attal told the Lions' Pride that his time at Saint Leo has been great.

"The professors are fantastic and I have learned so much about how business works and how to work alongside people of different backgrounds and values," Attal said, "The professors are very supportive of the school spirit and are very passionate about teaching at SLU."

The Lions' Pride Newspaper wishes Matthew Attal the best of luck throughout the rest of his senior year!

Lions Split Meet with FSC but Fall to Tampa

BY JACOB STOUT
Lions' Pride Staff Writer

The Saint Leo University men's and women's swim teams are coming off with strong starts to their home season as they played host to Florida Southern on November 5, 2010 and University of Tampa on November 6, 2010.

In the first event of the meet, the women's team took first place in the 200 yard medley relay behind Alisha Adams, Bianca Muniz, Mindy Pierce, and anchor Maggie Walker. The four edged the second place Florida Southern team by just over one second.

Freshman Kristy Marques put up an impressive time finishing first in the 1000 yard freestyle by more than nine seconds.

There were more bright spots as senior Mindy Pierce edged Florida Southern Kelsey Duncan by less than half a second in the 100 yard butterfly to take first place.

Adams secured another nine points for the Lions as she grabbed first place in the 100 yard backstroke by .01 seconds.

The strong showing by the women's team secured 88.5 points for the team but was not enough as Florida Southern took the win with 114.5 points.

The men's team, however, managed a better result as they took the win with a ten point victory, 106-96.

Sophomore Michael Cozzi took the honors and 18 points for the Lions in both the 200 yard and 500 yard freestyle while freshman Gabriel Keown took first place in both the 50 yard and 100 yard freestyle.

The team of Cozzi, Araque, Maddigan, and Keown finished the day with a win, and 11 more points for the Lions in the 200 yard freestyle relay.

On a tough day for Saint Leo, the Lions showed determination as Muniz added another nine points in the 200 yard breaststroke. The team of Walker, Pall, Cary, and Pierce gave the lions 11 more points in the 400 yard freestyle relay, but the Lions fell to Tampa, 117-68.

On the men's side, it was just as tough. Keown would take first place again in the 50 yard freestyle and teammate Brian Knudsen took first in the 100 yard freestyle for nine points each.

The Lions could not secure enough points and fell to the visitors 112-87. Both team's next meet is the Turkey Invitational held in Orlando, Florida on November 20-21.